

*Often we feel agitation and suffering in life. If one's defilements are left unchecked, life becomes overwhelming. Our usual way of releasing our pain is to blame others. It is always easy to put the blame on others and disregard the pain they feel, rather than confront our own weakness directly. This is a manifestation of our self-cherishing attitude. Such reactions agitate the mind even more, and the fire of hatred spreads out far and wide. The other party feels hurt and thus breaks the relationship.*

*Why not take this opportunity to look deeply into our suffering.*

*Suffering is a gift that makes us wise, diligent, and wakeful.*

*The Buddha said: "Better to see the fault in oneself rather than a thousand faults in others."*

The blaming habit could be due to clinging to one's view, one's craving, one's ego, one's fear, one's false self and one's selfishness.

Having discovered our hidden shortcomings or weaknesses, we work to remove them, just as a girl who is fond of her beauty cannot bear to see any black spot on her face and works to clean it. Then she feels clean and happy. Similarly, without removing our defilements from moment to moment through persistent effort and mindfulness, true happiness is beyond our reach. This is the way to beautifying the mind. It takes persistent effort, honesty, and self-examination.



The mind becomes beautiful when it is accompanied with wisdom and compassion. The Buddha said: "Insignificant is the increase of relatives, wealth, and fame. The best thing in which to increase is wisdom." (AN 1:77-81)

Wisdom knows what is wholesome and unwholesome and eventually wisdom sees things as they really are, as impermanent, suffering, and not a self. Compassion makes one's heart "quiver" when seeing the suffering of others. To alleviate their suffering, one actually renders the help needed.

**The most beautiful mind is the mind with absolute equanimity; having understood the illusion of the world, it clings to nothing as its own.**